CLOSED CHAIN HIP ABDUCTION

- 1. Stand on phone book with affected leg keeping that knee straight.
- 2. Raise the opposite foot off the floor keeping the trunk still and knee straight
- 3. Repeat 10-15 times or more as tolerated.
- 4. Do these 4 times per day as tolerated.
- 5. Note: the hip on the phone book side will start to burn, this is normal.

